# *Good Housekeeping*
# SUMMER COOKERY BOOK

*Presented free with June Good Housekeeping*

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GOOD HOUSEKEEPING

# SUMMER COOKERY BOOK

*Presented free with June Good Housekeeping*

GOOD HOUSEKEEPING
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# CONTENTS


| | PAGE |
|---|---|
| CASSEROLE COOKERY | 4 |
| THE KING OF FISH | 10 |
| SANDWICHES FOR ALL OCCASIONS | 17 |
| SALADS FOR SUMMER DAYS | 20 |
| STRAWBERRIES | 25 |
| HONEY FOR KITCHEN AND TABLE | 30 |
| GLAZED MEAT DISHES AND BRAWNS | 35 |
| THE PRESERVATION OF FRUIT AND VEGETABLES | 40 |
| ICES FOR SUMMER DAYS | 47 |
| CATERING FOR THE WEEK-END HOME | 54 |



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COOKING in casseroles has become very popular during the last few years with the advent of various attractive glass and pottery utensils which will withstand oven heat. The advantages accruing, some of which are almost too obvious to mention, are numerous, the whole of the meat course, potatoes, meat and vegetables, can be left to cook for two or three hours, requiring little or no attention; with the exception of vitamins no food value is lost, the mineral salts and other soluble matter dissolving in the gravy, and therefore being served with the meat and vegetables; cheap joints, which would be tough with short quick cooking are rendered tender by the long, slow process; finally, a point which appeals especially to those people who are responsible for washing-up, the casserole is served on the table, thus eliminating the dishing-up process and the washing of a metal saucepan.

Casserole cooking can be carried out in any type of stove—gas, electric, oil or coal. The first three are, however, preferable, owing to the greater ease of controlling the heat, and maintaining a low, even, steady temperature. A special cooker has recently been devised for this purpose, an average temperature of 202° F. to 240° F. being produced by means of two electric bulbs with the extremely low current consumption of approximately $\frac{1}{4}$ unit per hour. Stews, baked custards, baked fish, milk puddings, beef tea, jugged hare, etc., were cooked very satisfactorily in this device when it was under test at Good Housekeeping Institute. It was found that the best results were obtained by bringing the food to the boil before placing it in the cooker, and owing to the lowness of the temperature (that of a very slow oven), longer time than is allowed for cooking in the ordinary way was required. In addition to its cooking propensities it was found invaluable for warming plates and keeping food hot. On

account of the latter point it has been found especially acceptable to those responsible for catering in a doctor's house where the meal times must of necessity be somewhat irregular. An additional advantage is the neatness and presentability of its appearance, which permits its use in the dining-room should conditions require it.

There are many other special devices for casserole cooking, such as the old-fashioned haybox and the newer adaptation of this principle in the fuelless cooker. Hot food placed in boxes padded with straw (full directions for the making of which can be had on application to Good Housekeeping Institute) will retain its heat for a considerable length of time. Fuelless cookers accomplish the same end with greater efficiency, the food retaining more heat over a longer period, but at a greater initial cost. Whereas, however, hayboxes can only be used for stewing, baking and boiling can be satisfactorily accomplished in a vacuum cooker by placing food between one or two heated stone discs. As food can be left unattended for a long period in these cookers they are invaluable to people who work during the day, or for other reasons have little time to attend to the cooking of their meals.

Another possible and economical source of heat for cooking in casseroles is on top of independent boilers, the heat from these frequently being sufficient to keep the contents at simmering temperature.

Great care, however, should be exercised in applying heat to the bottom of a casserole, for unless all moisture is removed and the heat applied is gradual and not too intense it is liable to crack. These precautions are especially important when the casserole is placed over direct heat, such as a gas ring, and in addition it is usually advisable to protect the casserole by a piece of asbestos. Users of fireproof glass ovenware should realise that the manufacturers guarantee them only for oven cooking, and therefore their guarantee does not apply if they are used either over a raw flame or on a hot-plate.

Casseroles vary considerably in their powers of withstanding direct heat, and it is frequently the cheaper types which are least affected. This would apparently lead one to conclude that these are the best to buy. Unfortunately, however, owing to lack of government restrictions, soluble lead compounds are sometimes contained in the glaze. Though the quantities of these substances which are freed in one cooking process are negligible, it is not desirable that a cooking utensil containing them should be frequently used. In some Continental countries no glazed article may be sold which shows evidence of containing lead when treated for ½ hour with 4 per cent. solution of acetic acid.

No lead is used in the manufacture of glass cookery ware, which is entirely unaffected by any food substances, even those of an acid nature. The better makes of fireproof pottery are also practically free from soluble lead compounds. Where a roux, white sauce or similar preliminary frying or boiling is to be carried out—as in the following recipes—it is usually advisable to do this in a metal saucepan, unless it is definitely known that the casserole will withstand the direct heat of the flame.

### Spring Casserole

2 lb. loin of lamb chops
1 bundle of asparagus
¼ lb. rashers of streaky bacon
1½ teaspoonfuls kikkoman sauce
1 bundle of leeks
1½ oz. flour
2 oz. dripping
¾ pint stock
pepper

Melt the dripping and brown the chops when it is smoking hot. Remove them and brown the flour in the fat, and gradually pour on the stock. Cut each stick of asparagus in half, and add the lower parts with the leeks cut in short lengths to the brown sauce. Bring to the boil and add lamb chops, seasoning and kikkoman sauce. Bake in a moderate oven (350° F.), for 1–1½ hours. Roll the rashers of bacon and bake 10–20 minutes. Boil the asparagus until tender ½–¾ hour.

Remove the lid from the casserole and garnish the stew with asparagus, arranging the sticks in starlike fashion with tips in the centre. Garnish with bacon.

### Fruit Compôte en Casserole

4 oz. dried apricots
4 oz. French plums
4 oz. figs
4 oz. brown sugar
2 oz. blanched almonds
1¼ pints water

*Dumplings*

½ lb. flour
4 oz. shredded suet
1 oz. castor sugar
½ teaspoonful baking powder
¼ teaspoonful mixed spice
Water to mix

Wash the fruit and soak in water overnight. Place in a casserole with sugar and water and bake in a moderate oven 360° F. for one hour.

Make the dumplings in the usual way, sieving the flour, spice, and baking powder together, adding the shredded suet and mixing to a soft dough with water. Roll into small balls, place on top of the fruit in the casserole, and cook for ½ an hour. The blanched and split almonds may be stuck into the dumplings, or mixed with the fruit before serving.

### Ham Casserole

1½ lb. ham
1½ lb. potatoes
2 onions
¾ pint stock
½ oz. brown sugar
½ lb. apples
Pepper
1 dessertspoonful tomato catsup
4 peppercorns
1 teaspoonful chopped parsley

Soak the ham in water overnight, cut into small pieces and place in a casserole. Cover with chopped onion, sugar, and apples cut in slices, and place the potatoes on top. Add the stock, tomato catsup and peppercorns (in muslin bag), and bake slowly in a moderate oven at 350° F., for 1¼–1½ hours. Remove the lid for the last

½ hour of baking in order to brown the potatoes. Remove the peppercorns and sprinkle with parsley before serving.

## Savoury Beef Casserole

2 lb. rump steak
1½ teaspoonfuls kikkoman sauce
Pepper
1 onion
1 oz. dripping
4 medium-sized carrots
¼ lb. bacon
¾ pint stock
1½ oz. flour

Cut the rump steak into neat rounds. Cook the bacon, fry steak in the fat, and remove. Add the dripping. Fry the onion, and brown the flour. Gradually pour on the stock, bring to the boil, and add the carrots cut in thin slices, pepper and kikkoman sauce. Place the steak and bacon on top. Bake in a moderate oven (360° F.) for 1–1½ hours, the length of time depending upon the age of the carrots, the old ones being hard and requiring some time to soften them.

## Macedoine of Vegetable de Luxe

1 lb. large carrots
1½ lb. large potatoes
1 lb. large turnips
1 lb. large parsnips
1 small bottle of peas
1–1½ pints white stock
1 teaspoonful sugar
1 teaspoonful chopped parsley
1 teaspoonful salt

Cut rounds out of turnips, carrots, potatoes and parsnips with hollandaise cutter. Place in a casserole with sufficient stock to nearly cover, and bake in a moderate oven at 340–360° F. for 1½–2 hours. Add the peas, and continue heating for 10 minutes. Strain off the stock, add sugar and salt to it and boil until reduced to half the quantity. Pour this over the vegetables and serve with chopped parsley as garnish.

The vegetable trimmings can be made into soup.

## Cod and Shrimp Casserole

1¼ lb. cod (cut in 4 steaks)
½ pint shrimps
1 oz. margarine
1 oz. flour
¾ pint milk
Few drops anchovy essence
Watercress and croûtons to garnish

Remove skin and bones from cod steaks. Place in the bottom of the casserole. Make sauce by melting margarine, blending with the flour, and gradually pouring on the milk. Colour pale pink with anchovy essence, add peeled shrimps, and pour over the cod. Bake in a fairly moderate oven at 340° F. for ½-¾ hour. Serve garnished with crescent-shaped croûtons and watercress.

## "Mixed Grill" en Casserole

1 small sheep's heart
4 ox kidneys
4 oz. streaky bacon
1 dessertspoonful of flour
1 lb. best end of neck of mutton
2 onions
¾ pint of stock

### *Forcemeat Balls*

6 tablespoonfuls breadcrumbs
1 teaspoonful dried herbs
1 oz. shredded suet
Egg to mix
1 teaspoonful chopped parsley
Pepper and salt

Wash the heart and ox kidney in salt water. Cut these and the bacon into convenient sized pieces. Divide the mutton cutlets. Fry the bacon in casserole, and brown the heart, kidney and mutton in hot fat. Slice the onions and fry them, brown the flour and gradually add the stock. Boil and skim, add the mutton, heart, and kidney and bake in a moderate oven of 350° F. for 2 hours.

Make forcemeat balls by mixing the breadcrumbs, shredded suet, herbs, pepper and salt with egg, and add to the casserole ½ an hour before serving.

## THE KING OF FISH

BRITISH salmon is undeniably the choicest, but Canadian and other imported salmon are most delicious and bring this otherwise expensive fish within the reach of the average purse.

The bright silvery scales of fresh salmon are an indication of its freshness; the imported salmon, on the other hand, has a dull appearance, and the flesh feels flabby instead of firm or stiff. Naturally the size of the family determines the quantity in which salmon is bought, but like all fish it is cheaper per pound when the whole fish is purchased. Imported salmon bought in this way averages from 1*s.* 2*d.* to 1*s.* 4*d.* per pound, whereas the price of fresh salmon varies with the season. When choosing a whole fish, one having a small head and thick middle should be selected as the flavour is superior.

It is advisable to cook all salmon, but particularly imported, immediately after purchasing, especially if ice is not available. Like other perishable goods, cooked salmon can be kept with safety for a longer period than raw.

Owing to its high nutritive value salmon is not such an expensive food as appears at first sight. The percentage of protein present is 22 and of fat 12·8. This as compared with 17·2 per cent. protein and 0·3 per cent. fat in haddock shows that smaller amounts of salmon should be taken than of fish which is deficient in fat. It is stated in fact that salmon has the same nutritive value as fairly lean meat, which it can replace in a meal. Ignoring this, some people take it in too large quantities with the result, of course, that they find it indigestible.

Boiling or steaming is one of the most appreciated methods of cooking salmon, the fish being served either

hot or cold with the appropriate accompaniments. Steaming is to be preferred as the flavour is retained fully and there is less chance of the fish breaking. An 11-lb. salmon requires 1¾ hours steaming, but it is impossible to give a definite time for large fish as the thickness varies.

To prepare salmon for boiling or steaming, remove the eyes and trim the tail. Cut off the fins and gills, using a pair of kitchen scissors. Scrape the fish from tail to head to remove the scales. Slit the body from the gills towards the tail and remove the internal organs. Wash thoroughly, dry and weigh. Cleanse the cavity with salt and fold it over neatly. For cooking allow 10 minutes to every pound and 10 minutes over.

Wrap in muslin and lay on the drainer of the fish kettle. If preferred, the fish may be skewered or threaded with string to form an "S" shape. Have ready a fish kettle, or pan of boiling water, and either steam the fish or plunge into boiling water and simmer gently for the required time. When cooked, remove the muslin, lift on to a dish, garnish down the centre with overlapping slices of cucumber or thinly cut lemon.

If served hot, it should be accompanied by thinly sliced cucumber and Hollandaise Sauce. If cold, by thinly sliced cucumber and Mayonnaise or Tartare Sauce.

### Hollandaise Sauce

2 tablespoonfuls white vinegar
2 tablespoonfuls water
6 peppercorns
Salt and pepper
2–3 yolks of egg
2 oz. butter

Boil the vinegar, water and peppercorns together for 5 minutes. Strain into a jar, add the well beaten yolks, half the butter and seasoning. Put the jar into a pan of boiling water and stir the sauce until it thickens. Remove at once, add the rest of the butter, then serve.

The following more elaborate method of serving

salmon can be adopted for special occasions when something out of the ordinary is required.

### Chaudfroid of Salmon

1 salmon (10–11 lb.)
2 pints aspic jelly
3–4 prawns
Tomatoes
1 hard-boiled egg
Chervil
1 cucumber
3 oz. butter
Spinach colouring

*Chaudfroid Sauce*

2 pints rich white sauce
1 pint aspic jelly

Steam the salmon as previously described; skin whilst hot and allow to get chilled. For the sauce, dissolve the jelly and when it is cold, but not set, add to it the cold sauce. Stir well and pour half over the chilled fish, leaving the head and tail uncovered. When the first coating is set, mask a second time with the remaining sauce. Allow to set, then mask the entire fish with cold, liquid aspic jelly.

To prepare the cucumber, cut off the tapering end, and with a very sharp knife cut out lengthwise wedges, equi-distant from each other, all round. The wedges should be only deep enough to remove the skin, and between each a piece of the skin of the same width must be allowed to remain. When the wedges have been removed all round, slice the cucumber thinly.

Wash the chervil, dry it in a clean towel and pick into small leaflets. Have ready a little cold, liquid aspic jelly and dip each piece of the garnish in this before arranging it on the salmon. Each piece should overlap the centre of the preceding piece. The chervil is arranged piece by piece to form a design, simple or elaborate, according to personal taste. Cover the eye socket with a thin ring of hard-boiled white of egg and a round of cucumber skin to form the pupil. Allow the garnish to set, then mask the entire fish with cold, liquid aspic jelly.

Cut the cucumber in half lengthwise and then in half again. Remove the seeds, cut in 2-in. lengths and trim to a boat shape, hollowing out the centre slightly. Poach these gently for a few minutes in cold, salted water. Simmer until tender, then drain and cool and arrange a prawn in each.

Prepare the tomatoes by scalding with boiling water and skinning. To remove the seeds, hold the tomato in a clean cloth and squeeze out the seeds without destroying the shape. Twist the cloth round the tomato with the left hand and mould gently to a ball with the fingers of the right hand.

When the prawns in boats and the tomatoes are thoroughly chilled, mask with cold liquid aspic jelly. This process can of course be carried out immediately before or after masking the salmon. A second masking improves the appearance. Colour a little aspic jelly with spinach green and pour on to the dish. The jelly should be about an eighth of an inch thick. When it is set, lift the salmon on to it.

*To Finish the Chaudfroid.*—Beat up the butter with a little spinach colouring, adding sufficient to produce a delicate green shade. Pipe a neat scroll along the tail and along the entire edge of the fish where it rests on the dish. Outline the head also. Dip the tomatoes and boats in a little aspic jelly and arrange symmetrically on the dish.

A salmon of this weight will serve 30 to 35 persons and makes a delicious dish for a cold buffet meal or a cold luncheon party.

### Salmon Sandwiches

6 oz. cold salmon
1 tablespoonful Mayonnaise Sauce
A grating of nutmeg
Watercress
Thin slices of buttered wholemeal bread
2 teaspoonfuls lemon juice

Flake, then mash the salmon finely with a wooden spoon or potato masher. Add the Mayonnaise, nutmeg

and lemon juice. Beat very well together. Spread thinly on the buttered bread and lay a few leaves of watercress on the top. Cover with a slice of plain bread. Trim and serve.

### Salmon Salad

1 lb. cold salmon
¾ gill vinegar
Salt and pepper
¼ teaspoonful chopped tarragon
Cucumber
Lettuce

A simple salad can be prepared from cold salmon, utilising it either in the form of neatly cut pieces, or coarsely flaked. The skin and bones should be removed if possible while the fish is hot. Lay the salmon on a dish and pour on it the vinegar, tarragon and seasonings. Allow to stand for several hours. Make a neat salad from the lettuce and thinly sliced cucumber and arrange the slices of salmon on it. If flaked, arrange in a neat pile on the salad. Pour any remaining vinegar over. Chill before serving if possible.

### Mayonnaise of Salmon

Cold salmon
Mayonnaise Sauce
Lettuce
Watercress
Cucumber
Truffle
Gherkin
Hard-boiled egg

Remove the skin and bone from the salmon whilst it is still hot. Flake it with a fork. Prepare the lettuce and watercress, reserve the heart and best pieces of lettuce and shred the rest. Pick the watercress to pieces and reserve some of the tufts for garnishing. Arrange the salad in the bottom of the dish, then the salmon and Mayonnaise Sauce in layers, shaping to a dome or neat pyramid. Pour over the remaining Mayonnaise Sauce and decorate with gherkin, truffles, egg and cucumber cut into fancy shapes. Arrange the

lettuce and watercress daintily round the base of the Mayonnaise, and, if possible, chill before serving.

A whole cut of salmon may be boiled, skinned, cooled and masked with Aspic Mayonnaise Sauce, then with aspic jelly and decorated, if preferred.

### Mayonnaise Sauce

1 gill (approx.) best salad oil
½ teaspoonful made mustard
2 yolks of egg
1 dessertspoonful white or chilli vinegar
1 dessertspoonful tarragon vinegar
Salt and pepper

Put the yolks of egg into a basin with the mustard, pepper and salt. Mix thoroughly, then add the oil drop by drop, stirring hard the whole time until the sauce is thick and smooth. In order that the oil may be added one drop at a time, put a cork from which a small wedge has been cut, into the bottle. Add the vinegar and mix thoroughly. If liked, lemon juice may be used instead of the vinegar, or it may replace the white vinegar only.

*Note.*—To keep the basin firmly in position whilst making the sauce, twist a moistened cloth tightly round the bottom. The cloth prevents the basin slipping on the table. Should the sauce curdle during the process of making, put another yolk of egg into a basin, and add the curdled sauce very gradually in the same way as the oil.

### Salmon Cutlets with Olive Potatoes

2–3 middle cuts of salmon
Crimped cucumber
New potatoes
Melted butter or olive oil
Tomato Sauce

Cut the fins off and wipe the fish thoroughly. Brush each cutlet over with melted clarified butter or olive oil. Wrap each piece in greaseproof paper, twist the ends firmly and place on a baking tin. Cook at 360° F.

for half an hour or until the flesh just leaves the bone. Remove the paper and lift the cutlets on to a flat dish. Arrange the boiled olive potatoes and crimped cucumber as a garnish. Serve with Tomato or Hollandaise Sauce.

### Olive Potatoes

Scrape and trim the potatoes to an even size and shape like an olive with an ordinary vegetable knife, then with a specially fluted garnishing knife, work from one end of the potato to the other, turning as the knife makes the incisions. The knife should be held flat against the potato as in the motion of peeling.

### Salmon Cream Pie

1 lb. cold salmon — ½ pint thick white sauce
Seasoning — Mashed potatoes
Chopped parsley for garnish

Remove the skin and bones, then flake the salmon finely, mix with the sauce, heat thoroughly, and season to taste. Meanwhile prepare a border of hot seasoned mashed potatoes. Pour the hot salmon in the centre of the border and sprinkle the potato with the chopped parsley.

To make the sauce:

Melt an ounce of butter in a saucepan. Stir in one ounce of flour and stir until honeycombed. Add the milk gradually, stirring all the time. Bring to the boil and boil for three minutes.

## SANDWICHES FOR ALL OCCASIONS

"WHAT shall we take with us?" is the inevitable prelude when the English climate repents of its bad behaviour, the sun shines gloriously and a whole day picnic is planned. Almost as inevitable is the inclusion of sandwiches in the menu, for they are convenient to carry, convenient to eat, palatable and variable.

The virtues of sandwiches are not yet exhausted, for both savoury and sweet kinds form an interesting addition to the tea table, and the former are great favourites with those who do not care for sweet cakes. Again, sandwiches form an economical part of the refreshment at a dance.

Less known are hot sandwiches made with toast and with cooked ingredients for fillings which make appetising dishes for light luncheons. Square slices of bread are cut about ¼-inch thick, toasted, crusts removed, and cut from corner to corner. Four or five of these are placed on a plate with varying items of food, such as bacon, tomato with mayonnaise, lettuce, chicken, inserted between each layer and garnished on top with small pieces of parsley. These sandwiches make a pleasant change from cold meat on hot summer days.

A solution of the "cold meat problem," which may appeal to some readers, is to make toast as above, place slices of meat between and cover with hot well-flavoured gravy.

The old-fashioned idea of the plain cold meat sandwich has been expanded into an endless variety of foods and combination of foods, which may be spread on brown, white or nut bread. The sandwiches may be cut in squares, oblongs, triangles, or rolled, for special occasions such as a party or dance, by shaped

biscuit cutters. The bread should be one day old, except in the case of rolled sandwiches, when it should be new.

To preserve the daintiness of the sandwich, cut with a sharp knife as thinly and evenly as possible.

It is usual to remove crusts, but they need not be wasted. Dry in the oven, break up by rolling with a rolling pin or by putting through a mincer, sieve and use for coating food before frying.

In preparing the filling, it is advisable to put the ingredients in a saucer or small basin, and to taste them before spreading on the bread in order to ascertain that sufficient seasoning has been added.

Most people have experienced the horrors of removing the entire filling of a sandwich at the first bite, and should remember this when preparing the fillings. Thus, meat should be chopped rather than cut, lettuce should be broken in small pieces with the fingers so that none of that unpleasantness will be experienced, and tomatoes should be skinned before slicing.

The butter spreads more easily if creamed with a spatula or with a soft-bladed knife. To keep the sandwiches fresh, place in greaseproof paper and enclose in a damp cloth. It is possible to obtain patent cardboard boxes for carrying triangular sandwiches, and greaseproof paper envelopes for carrying sufficient for one person. Sandwich servers for separating four different varieties of sandwiches on a plate for the tea or supper table, with little flags for labelling them, may also be bought from most high-class stationers.

If a fresh curly lettuce leaf is arranged on a plate under the sandwiches, and a small sprig of parsley is placed on top of the pile, their attractiveness is greatly enhanced.

Bridge Rolls split, buttered and spread with sandwich fillings are very popular, and time-saving; moreover, they remain moister than cut bread.

## *SANDWICH FILLINGS*

*Chicken cut in small pieces, shredded lettuce, mayonnaise, chopped celery.*

*Beef and finely cut chives.*

*Fish paste (salmon and shrimp) with mustard and cress.*

*Salmon, mayonnaise and lettuce leaf.*

*Egg scrambled, chopped watercress.*

*Cream cheese and finely chopped parsley.*

*Gruyère cheese and chopped walnuts.*

*Mustard pickle and walnuts or chopped celery.*

*Smoked salmon and cress.*

*Tomato, chopped chives and cucumber.*

*Tomato, mayonnaise and lettuce.*

*Meat or vegetable extract (spread thinly) and shredded lettuce.*

*Asparagus tips cut in 2-inch lengths and rolled in brown bread.*

*Chopped ham and hard-boiled eggs.*

*Sweet Sandwiches:*

*Chopped dates and nuts.*

*Preserved ginger or figs.*

*Strawberry jam and cream.*

*Honey and nuts.*

*Quince jelly.*

*Black-currant jam.*

## SALADS FOR SUMMER DAYS

ON hot sunny days, or steaming clammy days—one can hardly term them summery, for England is no respecter of seasons—there is a disinclination to eat hot food, and behind the scenes equally strong feelings on the subject of cooking it. Why do we cook it? The fuel and labour involved increase its cost, and the food value is decreased by destruction of vitamins and loss of mineral salts, but the well-known, stereotyped reasons given are that it is more hygienic (heat killing any bacteria), and it is rendered more palatable and attractive.

But lettuces can be washed, and foods which were hitherto considered only edible in a cooked state are now relished raw. Shredded cabbage salad and grated carrot are delightful, as those who have tried them know. If the tendency increases one may look forward to a "House of the Future" in which raw food is served on cardboard plates and kitchen equipment has been reduced to a minimum.

Lettuces can be easily grown in the smallest of gardens at little cost and are worth the trouble. They contain vitamins A, B, C and E, substances which some people still consider a passing fad, though the better initiated know that they are indispensable to perfect health. Further, they contain cellulose or roughage, an excellent substitute for the "daily dose," and calcium, a mineral salt which forms the basis of our bones and teeth. It is necessary, too, for the efficient working of the heart and circulation. In adults, if insufficient calcium is provided for the latter purpose, it will be drawn from our teeth, thus predisposing them to decay.

Part of the joy of a salad is dispersed if the lettuce is soft and wilted. To guard against this, on being delivered at the house, it should be washed thoroughly

in cold water and salt, placed in cheese cloth, or some other cloth, and allowed to drain. (For water on one's plate is unpleasant!) Then placed in a bowl and covered with plate or board. This will keep it fresh for a considerable length of time, but wrapping in a damp tea-cloth or damp paper is equally efficient.

The changes can be rung with salad dressings which are many and various. There are the well-known mayonnaise, French dressing, and less known boiled dressing, all of which may be varied by adding various ingredients, such as curry powder, chutney, tomato catsup, lemon juice instead of vinegar, horse radish, etc.

### Mayonnaise Sauce

½ teaspoonful mustard
½ teaspoonful salt or ½ teaspoonful pepper
A few grains cayenne
1 egg yolk
1 tablespoonful vinegar
1 gill salad oil

Mix mustard, salt and peppers in a bowl, add egg yolk, mix thoroughly and add vinegar while stirring. Add the oil drop by drop at first and beating until it thickens, and then add more frequently. If a dropper is not used, both hands will be occupied, one holding the bowl and the other stirring. Therefore, a damp cloth is put around the bowl to keep it steady. A dropper simplifies matters as it leaves a hand free to hold the basin.

### Boiled Dressing

½ oz. flour
Cayenne
¾ oz. sugar
⅓ pint milk
1 teaspoonful mustard
¼ teaspoonful salt
1 egg or 2 yolks
4 tablespoonfuls vinegar

Mix the dry ingredients with a little cold milk. Stir in the remainder when boiling and allow to boil. Add beaten yolk of egg and heat sufficiently to thicken. Add vinegar when cold.

*Note.*—This dressing may be kept for some time if water is added instead of milk. To serve, mix with a little whipped cream.

### French Dressing

½ teaspoonful salt
¼ teaspoonful pepper
2 tablespoonfuls vinegar
4 tablespoonfuls oil

Mix oil with salt and pepper, and then pour in the vinegar, or put it all in a bottle and shake thoroughly.

### Grapefruit Jelly Salad

2½ oz. sugar
2½ oz. water
¾ oz. granulated gelatine
1 tablespoonful lemon juice (½ small lemon)
2 tablespoonfuls cold water
Juice of a grapefruit (about 6 oz.)
A few grains of salt
Lettuce
Watercress
Cream cheese

Boil the sugar and water for 3 minutes, and add the cold water to the gelatine. Stir into the hot syrup until the gelatine is dissolved, then add the grapefruit, lemon juice and salt. Pour into wetted mould, and when set place on lettuce leaves and decorate with watercress and cream cheese moistened with dressing, which may be piped around the jelly. Serve as individual salads.

### Fish Mousse with Cucumber

¾ lb. cold white fish
¼ teaspoonful salt
Cayenne
¼ pint thick cream
½ tablespoonful lemon juice
¼ pint boiled salad dressing
1 teaspoonful gelatine
1½ tablespoonfuls water

Mix the fish with salt and cayenne and lemon juice. Add the gelatine dissolved in cold water to the hot dressing. Cool, and when it is getting thick add whipped cream and fold in fish. Put into small individual moulds or into one large one. When cold, turn out on to lettuce leaves and serve with slices of cucumber.

### Tomato Rosette Salad

Place firm tomatoes in boiling water for ½ minute, cool in cold, scoop out stem end and remove peel. Cut into eighths, not quite through to the bottom, so that when placed on a lettuce leaf, each tomato will fall open like a flower. Moisten a little cream cheese with dressing and put through a wire strainer into the centre of the tomato, to represent stamens.

### Banana, Nut and Apple Salad

Chop an apple in small pieces, mix with a little dressing and pour over half a banana, which has been cut diagonally and scraped, and placed on a curly lettuce leaf. Sprinkle with chopped walnuts.

### Stuffed Egg Salad

Hard boil an egg. Cut it in half and remove the yolk. Moisten with salad dressing, add chopped ham and pile mixture into whites. Cut a small slice from the base of each white, stand on lettuce leaves and serve with cheese straws and watercress.

### Mêlée Salad

Cut slices from the top of as many tomatoes as are required. Remove pulp, and invert tomatoes to drain. Make a mixture of the following ingredients: cucumber,

cut in cubes, and tomato pulp (which has been drained) also cut in cubes, capers, peas and chopped pickles. Mix with dressing and pile into the tomato cup. Serve on lettuce leaves.

### Shrimp Salad

Peel shrimps, cut in pieces, and mix with salad dressing. Then pile on lettuce leaves and garnish with shrimps and a few capers.

### Apple Salad

2 dessert apples
1 grapefruit
Lettuce or watercress
2 stalks of celery
Castor sugar
Salad cream

Peel the grapefruit and cut into slices. Peel and core the apples, cut into thin rings. Arrange the grapefruit and apple in layers on a bed of lettuce or watercress, and sprinkle liberally with castor sugar. Cut the celery into neat pieces, sprinkle over with fruit and mask lightly with salad cream.

### Individual Egg Salad

Lettuce
1 hard-boiled egg
½ oz. butter
½ teaspoonful made mustard
½ teaspoonful of lemon juice
2 firm potatoes
Salt

Mash the yolks well with a fork, add a little salt, the butter, mustard, and lemon juice, beating until smooth. Chop the white of egg roughly and arrange in a hollow circle on the lettuce. Pile the yolk mixture in the centre. Garnish with sliced tomato.

## STRAWBERRIES

STRAWBERRIES need no recommendation, the only point which really troubles the housewife is their scarcity or profusion. Where choice can be exercised, medium-sized dark red fruit is to be preferred to large pale fruit, which is lacking in flavour. Small strawberries make excellent jam and the flavour is often superior to the larger specimens. For jam making the fruit may, with advantage, be slightly under-ripe.

Probably the majority of people agree that such a luscious and delicate fruit should be eaten only in its natural condition, as cooking or preparing it in any way is inclined to detract from rather than add to its delicacy of flavour. There is, however, one exception—that of jam making. This is undoubtedly the most satisfactory way of preserving the fruit for use during the eleven months of the year when fresh strawberries are not available.

Of all jams, strawberry is the one where housewives encounter the most difficulties. This is because the fruit is naturally deficient in pectin and acid, whilst the water content is very high, and therefore the jelling qualities are poor. To overcome this difficulty acid must be added, and either lemon juice, citric acid or tartaric acid, or, if preferred, gooseberry or red currant juice can be utilised.

The following recipes give excellent results. All have been tested in Good Housekeeping Institute. The fresh strawberry recipes are delicious and unusual.

### Strawberry Jam, First Method

4 lb. strawberries (not over-ripe)
$3\frac{1}{2}$ lb. sugar
The juice of 4 lemons or $\frac{1}{4}$ oz. citric or tartaric acid

Pick the strawberries. If the weather has been wet and the fruit appears to be gritty it should be washed and put into the preserving pan with the lemon juice, citric or tartaric acid. Boil the fruit slowly until it is tender. This extracts the pectin and also drives off surplus moisture. When the contents of the pan are thick and reduced, add the sugar, previously warmed in the oven, stir and bring to the boil. Continue stirring and test for jelling after boiling has continued over 10 to 15 minutes. When it sets firmly when tested on a cold plate or saucer turn out the gas, allow the contents of the pan to cool partly by stirring gently, and when half cold pot and tie down.

*Note.*—In order to preserve the bright colour and the flavour of the natural fruit it is important not to add the sugar until the pectin has been extracted from the fruit and the surplus moisture driven off in the form of steam.

Many housewives write to the Institute complaining that their strawberry jam, whilst wholesome, does not taste of fresh fruit and is brownish in colour. The reason is easy to explain—if the sugar is added with the fruit and the boiling occupies from 45 minutes to 1 hour, or even longer, the temperature of the contents of the pan rises above 212° F., and may even become as high as 220° F., with the result that changes take place in the sugar and both the flavour and colour of the preserve are impaired.

### Strawberry Jam, Second Method

4 lb. strawberries — 4 lb. sugar
The juice of 1 large lemon — ½ pint red currant juice

Method as above. The fruit is boiled with the lemon juice and red currant juice for 45 to 60 minutes, or until tender, and the contents of the pan have evaporated considerably. The sugar is then added and the jam boiled until it jells.

## Economical Strawberry Jam

8 lb. strawberries
9 lb. sugar
2 lb. minced gooseberries

Top, tail and wash the gooseberries. Pass through a mincing machine, put into a pan and cook for a few minutes, until they are tender. (If minced the fruit cooks very quickly.) Rub through a sieve to remove the seeds and cook the pulp with the strawberries before adding the sugar, then proceed as above.

## Strawberry Dream

1 lb. strawberries
2 whites of egg
Sugar to taste
Whipped cream

Mash the strawberries and add sugar to taste. Many people consider the flavour to be superior if sugar is omitted. Whip the whites of egg to a stiff froth and cut or fold carefully into the mashed pulp. Fill individual glass with the mixture, chill and serve topped with cream.

## Strawberry Pyramids

Genoese pastry or sponge cake
1 gill cream
1 lb. strawberries

Cut the pastry or cake into 2-in. rounds, ½ in. in thickness. Hull the strawberries and slice with a silver or stainless knife. Whip the cream stiffly and sweeten to taste. Put the sliced strawberries and whipped cream in alternate layers on the rounds of pastry, topping with cream. Chill and serve on a silver entrée dish decorated with a few fresh strawberry leaves.

## Strawberry Wafer Cream

1 sponge cake 5 in. to 6 in. across and 1 in. thick
8 to 10 wafer biscuits
1 lb. strawberries
Strawberry jam
Royal Icing
2 oz. sugar
2 oz. sponge cake crumbs
½ teaspoonful ratafia essence
1 pint cream or ½ pint custard, ½ pint cream, ¾ oz. gelatine, ½ gill water
1 lemon

Trim the sponge cake to the correct size and thickness. Brush the sides with the jam. Stand on a flat glass or silver dish and arrange the wafer biscuits round, pressing them firmly against the sponge and piping a little Royal Icing behind each to keep it in place. Pipe the edges of the biscuits where they touch in order to make a firm join. Finally, decorate by piping round the top and bottom edge of the biscuits. By tying a wide band of ribbon round the wafer case it remains firm.

Wash and hull the strawberries reserving a few of the choicest for decorating the finished cream. Cut up the remainder and mix with the sponge cake crumbs, sugar and lemon juice. Stand for three-quarters of an hour. Meanwhile whip the cream stiffly, add the essence, and stir in the fruit and crumbs. Pour into the case. Decorate with the strawberries.

*Note.*—If for reasons of economy the custard and cream filling is to be used, instead of cream, prepare it as follows. Dissolve the gelatine in the water and when it is hot, but not boiling, strain it into the warm custard. Allow to cool, stirring occasionally, and fold in the whipped cream, essence and fruit mixture lightly. When it is on the point of setting, pour into the prepared case.

## Strawberry Salad

1 small tin of pineapple rings
1 lb. strawberries
1 gill pineapple syrup
A few green glacé cherries
1 flat teaspoonful powdered gelatine

Drain the rings and fill the centres of each with a large strawberry. Arrange the remainder on the pine-apple rings. Dissolve the gelatine in the syrup and when it is cold, but not set, pour over the piled fruit and put in a cold place to set. Decorate with the glacé cherries.

### Strawberry Cream Ice

1 pint milk
1 gill cream
2 eggs
4 oz. sugar
2 oz. sugar
Cochineal
Whipped cream and strawberries to finish
1 lb. sieved strawberries

Heat the milk in a double pan and meanwhile beat the eggs and sugar together very thoroughly. When the milk is hot but not boiling, pour it on to the eggs and sugar, stirring rapidly. Return the liquid to the pan and stir over a gentle heat continuously until the custard coats the back of the spoon. Cool, stirring occasionally, and when almost cold fold in the lightly beaten cream. Whilst this is becoming quite cold, rub the strawberries through a sieve, add the 2 oz. sugar and stir the purée into the custard. Cochineal may be added to improve the colour. Freeze as usual for about 20 minutes. Serve topped with cream and fresh strawberries.

### Strawberry Cream Boats

8 oz. flour
6 oz. butter
1½ oz. ground almonds
4 oz. sugar
Yolk of egg for mixing
Whipped cream and strawberries

Rub the butter into the flour. Add the ground almonds and sugar, mix to a soft dough with the egg yolk. Roll out the dough thinly and line several boat-shaped tins. Fill with beans or peas to prevent the pastry rising during cooking. Bake in a quick oven until pale brown in colour. After baking allow the pastry case to cool before removing from the tins. Then fill the pastry with sweetened whipped cream and cover the top with strawberries.

## HONEY FOR KITCHEN AND TABLE

HONEY can claim to be not only the purest of all natural foods, but one of the oldest, for it has served as both meat and drink from the very earliest times. Such men as Aristotle and Pliny devoted time to the study of the habits of bees, and according to his chronicles Pliny decided that bees were created for man, as they produced both honey and wax. Reference to honey is also to be found in the Bible and the Koran, proving that it was undoubtedly a very important article of food before cane sugar replaced it. Coming to later days, the well-known nursery rhyme suggests bread and honey as food fit for a Queen.

Now that cane sugar is produced in such large quantities, and so cheaply, honey is unfortunately regarded more as a luxury, and owing to its cost is little used for general sweetening purposes. It is surprising that with the interest now exhibited in natural and pure foods, comparatively few people enjoy the pleasures of bee keeping. First class "home produced" honey can always find a market, and the bee keeper has the advantage of obtaining a generous supply inexpensively for his own and his family's consumption. The housewife, however, who is compelled to buy honey from a retailer, is inclined to regard it as anything but an economical food, and reserves it for special occasions.

As a matter of interest, and in order to obtain reliable information regarding the price and origin of honey sold in retailers' shops, a member of the Institute Staff visited a London store and bought sample pots of the honey stocked. It was gratifying to note that it hailed from all quarters of the Empire, Australia, New Zealand, West Indies and Great Britain and

Ireland. That from Australia was sold as golden wattle honey, and that from the West Indies as belle flower. The varieties most prized in this country are heather and clover.

I think most people will agree that comb honey always appears to be more delicious than that which has been extracted. It is translucent and generally pale golden yellow in colour, although medium grades are very much darker. Generally speaking, darker honey and that of more decided flavour can be bought more cheaply, but this is not always the case, and in some districts there is a demand for that of the darker shade.

Everyone know that honey is obtained from the flowers of plants and trees, but it is not so generally known that the nectar, or sweet fluid, sucked from the flower by the bee has not the same chemical composition as honey. An enzyme, or natural ferment, in the intestine of the bee, actually changes the nectar into honey.

In addition to sugar, honey also contains mineral matter, varying from ·15–·3 per cent., and from 10–20 per cent. water, also a trace of Vitamin B. Honey is more easily digested than cane sugar, for it is a form of sugar which can be absorbed readily into the bloodstream. It is therefore a very suitable food to take after strenuous exercise or great exertion.

Those who are lucky enough to possess bees, and who live in districts where both wild and cultivated flowers abound, will probably be interested to try some of the recipes which follow. Those who do not produce this delicious product at home, and appreciate its flavour, are advised to buy the less expensive variety for cooking purposes and beverages.

### Honey Sponge Sandwich

The yolks of 3 eggs
The whites of 2 eggs
5 oz. sugar
4 oz. flour
Grated lemon rind
¼ pint cold water

Put the sugar into a clean saucepan with ¼ pint of cold water. Bring to the boil, and boil hard for 5 minutes. Cool for 5 minutes, then pour on to the beaten yolks and white of eggs. Whisk 15 minutes, or until it thickens, add lemon rind and lightly fold in the sifted flour. Pour into prepared tins, and bake in a moderate oven for 15–20 minutes. When cold, spread one of the cakes with thick honey and sprinkle with chopped almonds. Sandwich and dredge with icing sugar.

### Honey Pudding

1 oz. cornflour
4 oz. honey
Grated rind and juice of ½ a lemon
5 oz. breadcrumbs
2 oz. butter
1 gill milk
1 egg

Boil the milk, pour on the cornflour, previously blended with a little water. Return to the saucepan and cook for 3 minutes. Add the butter and yolk of egg gradually, beating in thoroughly. Put the breadcrumbs and grated lemon rind into a basin. Stir in the honey, warming it if necessary, then the cornflour sauce and lemon juice, and lastly the stiffly beaten white of egg. Pour into a buttered mould and steam for 1½ hours. Turn on to a hot dish and serve with melted honey.

### Honey Jelly

½ lb. honey
1 oz. chopped almonds
½ oz. gelatine
4 tablespoonfuls cold water
½ pint boiling milk

Put the gelatine and cold water into a saucepan and melt but do not allow it to boil. Put the milk on to boil and add the honey to it. When the honey is melted strain in the gelatine, pour into a basin and stir to cool it. When almost cold and as thick as syrup, whip it, using an egg whisk. Add the chopped almonds, pour into a wetted mould and put in a cold place to set.

## Honey Meringue Pie

½ lb. honey
¼ pint boiling water
The yolks of 2 eggs
½ oz. butter
Shortcrust pastry
Cold milk to mix
2 whites of eggs
1 oz. castor sugar
1½ oz. flour

Blend the flour with a little cold milk. Add the ¼ pint of boiling water to the honey and stir until it is melted. Then stir in the blended flour, boil for 3 minutes. Add the butter, beat in the yolks of eggs and continue to cook until it thickens, stirring meanwhile. Pour into a baked pastry case, and pile the meringue on top. This is made by adding the sugar slowly to the stiffly beaten whites and continuing heating. Bake in a slow oven until brown.

## Nut and Honey Drops

¾ lb. sugar
2 oz. nuts
4 heaped tablespoonfuls condensed milk
2 tablespoonfuls honey
The white of 1 egg
3 tablespoonfuls cold water

Put the sugar, condensed milk and cold water into a pan and heat until a temperature of 223° F. is reached. Add the honey and cook to 240° F., then take from the fire and add the beaten white. Beat 1 minute and add chopped nuts. If soft, leave until it hardens. Stir to mix and place in spoonfuls on waxed paper.

## Honey Vinegar

This is both delicious to taste and specially soothing for coughs and sore throats.

To make it, warm 2 oz. honey and stir into it 3 oz. white vinegar. Put into bottle and cork.

### Honey and Grapefruit Cocktail

Cut the grapefruit in half and remove the pulp from both halves. Put the pulp and juice into a glass with 2 tablespoonfuls of liquid honey. Add a little chopped ice and a few drops of ratafia essence, and blend. Chill, and serve either in the half shells or in an ice cup.

### Honeyed Apples

Select 4 good cooking apples of even size, wipe with a damp cloth, and remove the cores with a corer or pointed knife. Place in a glass or china casserole or pie-dish. Put 1 dessertspoonful of honey in the centre of each apple. Bake slowly until the skin cracks and the apples are tender. Baste with the honey once or twice during the cooking. Serve hot or cold in the dish in which they were cooked. The honey forms a flowing sauce which adds to the delicious taste of the apples.

### Honey Cap Puddings

2 tablespoonfuls honey
6 oz. flour
1 oz. bran
2½ oz. suet
¼ teaspoonful of salt
1 teaspoonful baking powder
3 oz. stoned dates
2 oz. sugar
Milk to mix

1. Grease small dariole moulds and put a little honey at the bottom of each. 2. Cut the dates into small pieces. 3. Sieve the flour, salt, and baking powder, add the bran, dates, sugar, and suet, together with sufficient milk to bring to a soft dropping consistency. 4. Three-parts fill the dariole moulds and cover each with greased greaseproof paper. Steam for 1 hour.

## GLAZED MEAT DISHES AND BRAWNS

COLD meats accompanied by salad not only find favour with the family during the hot weather, but also with the housewife who realises that they minimise cooking, as they can be prepared in a fairly large quantity and are then available for breakfast, lunch, supper, or for sandwiches.

Households with whom boiled hams, tongues and pressed meats are popular should possess a meat press. A small round one for the ordinary family costs 9*s.* 9*d.*, and one suitable for large households, schools or institutions, £2. Both of these have been tested repeatedly at the Institute and found most satisfactory.

Even the simplest of cold meats, such as pressed beef, galantines and tongues, are much improved in appearance if they are glazed before serving. Glaze is not generally prepared in small households as it requires a considerable amount of stock, which is rarely available, but in large kitchens in which large quantities of meat and bones are in daily use, glaze should be made by reducing any rich brown stock until it is thick. It can, of course, be purchased ready prepared, and if required only occasionally should not prove expensive.

### How to Make Glaze

Put 8 to 10 quarts of good meat stock into a strong saucepan, removing any fat on the stock. Bring to the boil and continue to boil for several hours until the stock is reduced and is of the consistency of glaze. It should then measure about half a pint. Pour this into a small jar and tie it down. When required, stand the pot in a saucepan surrounded with hot water and heat until the glaze is sufficiently melted for use.

### An Emergency Glaze

2 cubes of meat extract  1 gill water
½ oz. gelatine

Dissolve the meat cubes and gelatine in the water and stir until they are dissolved. Cool until the glaze thickens.

### To Apply Glaze

Brush the meat over with two or three coats until a good surface is obtained. Allow to set between each application. Cold meats should be garnished with a little parsley and they can be ornamented in a variety of ways with butter piping.

The following suggestions will be found helpful to the housewife who wishes to produce a variety of tempting cold meat dishes:

### Boned and Pressed Ham

This method of cooking boned ham, or for that matter any suitable joint of meat, is finding much favour, as the pressure exerted results in a compact mass of meat which can be cut to great advantage and with no waste. Moreover, the flavour of the meat is very good as the juices are retained.

Choose a piece of ham or meat of the required weight. The best results are obtained with joints weighing 8 lb. and over. With a sharp knife remove the bones. Put the joint into the press, add a pint of water and clamp down. Put the press into a pan of cold water, bring it to the boil and allow half an hour's boiling to every pound of meat. At the end of the cooking, turn out the light and leave for at least 6 hours. Remove from the press and trim if necessary. In the case of ham, skin, sprinkle with browned crumbs, and for beef, glaze as previously described.

## Jellied Ham and Chicken

1 boiling fowl
1 lb. raw ham
1 onion
Small blade of mace
¾ oz. gelatine
Salt and pepper
Watercress
2 hard-boiled eggs
1 teaspoonful chopped parsley

Wash and wipe the fowl thoroughly and put into a pan cover with boiling water. Bring to the boil, skim, and add the mace, onion and seasonings and simmer for 1½ hours or until tender. Add the ham half an hour before the chicken is cooked. Lift the fowl and ham out of the liquor. Remove the skin from the flesh, divide the chicken into joints and carve all the flesh from the bones and carcase. Return the bones and skin to the liquor and boil it rapidly, without the lid, until it is reduced to one-third of the original amount.

Meanwhile, cut the chicken and ham into neat dice. Strain the liquor on to the gelatine, allow to dissolve. Then add the meat and parsley and re-heat all together. Decorate a wetted mould with slices of hard-boiled egg, adding the trimmings to the meat. Pour this into the mould and allow to set for several hours until cold and firm. When the mould is cold, dip it in a basin of warm water, turn out and garnish with watercress.

## Pressed Beef

6 to 8 lb. brisket of beef (pickled)
1 onion
6 cloves
Sprig of parsley
Bay leaf
8 peppercorns

Wash the beef and soak it for a few hours to bring out the salt. For cooking allow half an hour to every pound of meat. Put it into a pan of warm water, bring slowly to the boil and skim. Add the onion and the herbs and spices tied in muslin. Simmer gently for the rest of the time. Lift out and put into a cake tin or meat press. If the former is used put a board and

weights on the top and allow to stand overnight. Turn out and glaze as previously described and serve with salad.

### Ox and Pork Brawn

½ an ox head
½ a pig's head
3 tablespoonfuls salt
2 bay leaves
6 cloves
2 blades of mace
1 dessertspoonful of peppercorns
Sprig of parsley

Cleanse the half-heads thoroughly and saw and cut into suitably sized pieces that will go into a large pan. Tie the herbs, peppercorns, etc., in muslin. Add the salt and just cover with cold water. Bring slowly to the boil, skim and then simmer steadily for 5 or 6 hours. Lift the heads on to a dish, strain the liquor and return it to the pan. Boil it rapidly until it has reduced two-thirds. Meanwhile, cut the meat from the heads into neat squares. Re-heat it in the liquor, add more seasoning if required and pour all into cold wetted moulds. Allow to stand until set, turn out and serve garnished with watercress.

### Glazed Ox Tongue

1 pickled ox tongue weighing about 7 to 8 lb.
¼ pint aspic jelly
Glaze
2 oz. butter
Parsley

Wash the tongue very thoroughly and soak for 3 hours. Put into a pan of lukewarm water and bring very slowly to the boil. This should take about an hour. Skim and simmer gently for another 2 hours. Test the tip of the tongue, for when this is tender the tongue is ready. Lift into cold water and leave it in for 2 minutes, then take out and skin, working away from the root end. Fix the root to a board with a two-pronged fork. Arch the tongue to a good shape and fix the tip in place with a skewer or fork. Allow to

stand until cold. Trim the root end, brush the tongue over with glaze, giving two or more coats. Beat the butter until creamy and decorate the tongue, piping a trellis or geometrical design. Lift the tongue on to a large dish, arrange a frill round the root and garnish with chopped aspic jelly and parsley.

If preferred, the tongue can be rolled after skinning and pressed into a cake tin. A board and heavy weight should be placed on the top and the tongue allowed to stand overnight before being turned out.

### Beef and Sausage Galantine

1½ lb. steak
½ lb. pork sausages
¼ lb. streaky bacon
1 onion
1 teaspoonful chopped parsley
6 oz. breadcrumbs
Grating of nutmeg
Salt and pepper
¼ pint stock
1 egg

Glaze

Cut the skin off the steak but leave a fair proportion of fat. Cut it into strips and pass it through the mincer with the bacon and onion. Prepare the breadcrumbs, skin the sausages and add them to the minced ingredients. Put all into a large basin, add the seasoning, parsley and nutmeg and mix well with the hands. Lastly add the beaten egg and stock and mix well again. When the mixture shows no sign of cracking when squeezed with the hand, roll out on to a floured board and shape with a knife into a neat oblong shape, so that each end is flat. Grease a pudding cloth and roll the galantine tightly in it. Tie up each end very securely and pin the cloth in the middle. Cook in a pan of boiling water or stock for 1½ hours, boiling fast for five minutes, and then continuing to simmer for the rest of the time. Lift out of the liquid, untie the cloth and either roll at once in brown breadcrumbs or re-tie in a clean cloth and press between two meat dishes until cold. Then glaze and decorate with sections of hard-boiled egg. Serve on a bed of mustard and cress.

# THE PRESERVATION OF FRUIT AND VEGETABLES

MANY a housewife, endeavouring to follow the excellent advice of food authorities, knows the difficulties of catering in the winter months.

"What shall we have to-day?"

Apple pie, apple pudding, apple dumpling, and many other recipes may pass through her head, but of necessity containing apple, unless she goes to the greater expense of buying tinned fruit, or has had the foresight and wisdom in the summer months of buying fruit at its cheapest and preserving it. Similarly with vegetables. Instead of the inevitable cabbage and Brussels sprouts, she can have a choice of peas, beans or tomatoes. This gives variety, which is bought at no extra cost, for the expense of procuring bottles (8*d*. or 9*d*. each according to the size and cheaper in large quantities) is soon amply repaid by the economy of preserving one's own fruit.

Jam jars may be used instead, although a different but satisfactory method must be followed. Wide-mouthed glass jars with glass covers and brass rims are most frequently employed and are very reliable. Clamped jars are also very satisfactory. To prepare for the sterilising bath, adjust one clamp only; the other must be placed in position after boiling.

The problem as to whether we should eat preserved foods nowadays is an active one. In view of the fact that vitamins are in many cases destroyed by heat, it is unwise to depend upon bottled fruits or vegetables for these substances. But bottled fruits and vegetables still contain their roughage and salts, both essential for the well-working of those organs of the body which deal with food and their mineral salts. Thus, providing that fresh vegetables and fruit also form part

of the daily diet, those which have been preserved form a welcome addition.

Though success may be, and very often is, attained without any knowledge of the scientific reasons underlying the procedures of bottling, canning and drying, a short explanation may help to eliminate failure and tend to make them less tedious. The whole process is a war against moulds, yeasts and bacteria, which if they were visible would be seen in the air, on the skins of fruits and vegetables (especially when dirty), in water, and on our hands.

If moulds and yeasts are allowed to settle and given the right conditions of warmth and moisture, they grow and become visible. Everyone has seen mould on carrots, plums, and other fruits and vegetables which have been kept for some time, the growth on jam which has been carelessly made and stewed fruit which bubbles and smells of alcohol.

Bacteria on food are seldom visible, though the results may be seen in the clotting and souring of milk, and the disintegrating of meat. Fortunately for us, these micro-organisms can only live under certain conditions. They are rendered innocuous by great heat or extreme cold, by acid, salt, strong sugar solution, absence of moisture, and the majority by exclusion of air. It is by using the above knowledge that successful methods of food preservation have been evolved.

The first problem to be considered is the inspection of jars. They should be free from any flaws, such as unevenness in the glass or chipped surface rims, which will allow air to enter. If airtight, the rubber ring, when pulled out from under the tightly screwed lid, should remain out, and when filled with water and inverted no water should penetrate the rubbers. The latter, owing to their perishable nature, should be renewed every year.

Special sterilisers and complete outfits are sold for food preservation, but a fish kettle is just as efficient. Whatever the vessel used, it must be provided with a tray or false bottom, such as board, folded cloth or

paper, and have a tightly fitting lid, and if the boiling method is used, must be deep enough to hold jars with 3 or 4 inches above.

### *General Directions for Potting Fruit*

Fruit should be only just ripe. It should be washed and peeled if necessary, and any blemishes cut out with a stainless knife, or in the case of small fruit, such as raspberries and loganberries, caterpillars removed. Select fruit of similar size, or grade it, and pack firmly into clean jars by a skewer, within ¼ in. of the top.

### *Steaming Method*

Cover with cold water or syrup. Place the glass lid in position and partially screw on the brass rim. Place them on a tray, or false bottom, in a fish kettle, boiler, or bath, in cold water which reaches almost to the neck of the bottles. Heat the water slowly to 180° F. or simmering point (taking 1½ to 1¾ hours) and allow the fruit to remain at this temperature for 15 minutes. Remove and place on a wooden board or folded paper.

### *Boiling Method*

Fill the jars with boiling water or syrup. Adjust the rubbers, screw the lids on tightly and then give a half-turn backwards to allow for expansion of air. Place in the container with hot water 2 in. above the bottles, bring to the boil and continue boiling for the stated length of time (see table on page 46). Remove on to a wooden surface to avoid breakages, screw the lids tightly, invert and allow to cool. When cold, stand in a dry, cool, dark place.

### *Jam Jar Method*

Prepare, grade and pack the fruit in jars, fill with cold water or syrup to within ½ in. of the top. Stand

in cold water in a bath or boiler with water almost to the neck of the jars. Bring the water slowly up to simmering point (180° F.) This should take $1\frac{1}{2}$ to $1\frac{3}{4}$ hours. Allow to remain at this temperature for 15 minutes. Remove, cover with hot clarified mutton fat and tie down with bladder or parchment which has been soaked in warm water and dried.

### *Dry Method*

Pack the fruit into jars, place on a wooden board or slat to prevent cracking in a moderate oven (350° F.) until the fruit has shrunk slightly and appears cooked. To prevent any micro-organisms entering the jar, they should be removed from the oven one by one, rapidly filled with boiling syrup and screwed down.

### *Canning*

Tin containers may be used instead of bottles, following the same methods. The fruit is packed into the tins, which are filled to the top with hot water or syrup. The lid is placed in position and made secure by a patent device, which by turning a handle seals the lid on to the container. This is then immersed in hot water and boiled as in general directions.

*Note.*—The address of the makers of canning machines may be had on application to Good Housekeeping Institute.

### *Bottling Vegetables*

In bottling vegetables, such as peas, beans, tomatoes, and asparagus, 1 level teaspoonful of salt is added to each pint jar. Peas and beans are improved by a small amount of sugar.

These two vegetables have been found so difficult to preserve satisfactorily that much experimental work has been done to discover the reasons for failure. Lack of success is probably due to the presence of bacteria on the outside of the beans and pods, which if allowed

to remain cause putrefaction of the protein in these vegetables. As the result of experiments the Chipping Campden research station state that, before bottling, the vegetables should be washed and allowed to soak for 20 minutes in a weak solution of permanganate of potash. This is made by dissolving sufficient crystals to make the water a deep magenta colour. After 20 minutes, remove the pods and shell the peas, grading them for size.

It was mentioned at the beginning of the article that bacteria could not exist in the presence of acid, and therefore a tablespoonful of vinegar or lemon juice is added to each pint jar to substitute a natural lack.

Another method of preserving beans is by dry salting, for which a recipe is given.

### *Dried Apples*

For those people who have large apple orchards, the drying method of preservation may be used. A large supply of containers is unnecessary and no expensive apparatus is needed. The apples should be peeled, cut in slices, and placed on wire trays in a *very* slow oven, with the door open to allow the moisture to be carried off. When dry they should be wrapped in greaseproof paper and kept in airtight tins or glass jars.

### *Syrup*

Though boiling water may be used instead of syrup in preserving fruit, it is more convenient and appetising to use the latter method, as sugar has otherwise to be added before serving. The quantities vary from 1 lb. to 12 lb. of sugar to 3 quarts of water, according to the sweetness of fruit, but the average for such fruits as plums and pears is $5\frac{1}{2}$ lb. Mix the sugar and water and bring to the boil. Large fruits require about $\frac{3}{4}$ pint syrup, and smaller fruits about $\frac{1}{2}$ pint to each quart jar.

### *Bottling Tomatoes*

Select firm, hard, ripe tomatoes without any green, which spoils the flavour. They should be of a similar size and without blemishes, and after removing the stems, should be peeled. This is best done by immersing in boiling water by means of a wire basket or cheese cloth for ½ to 2 minutes according to ripeness. Pack into jars (1¾ to 2 lb. fill a quart jar). Fill the jars to within ¼ in. of the top with boiling water or tomato juice (made from stewing and straining any blemished tomatoes), containing 1 teaspoonful salt and 1 teaspoonful to 1 tablespoonful sugar if liked. Screw the caps on tightly and give a half-turn back. Place in hot water in a saucepan as in bottling fruit, bring to the boil and allow to boil for 30 minutes. Remove, tighten caps and invert until cold.

### *Bottled Peas*

Choose peas which are green and fresh, for withered, hard specimens are not worth bottling. Shell and, to improve the colour, blanch by immersing in boiling water for 5 minutes. Dip in cold water, then pack in jars. Fill with boiling water which contains 1 teaspoonful salt and 1 tablespoonful vinegar or lemon juice to the quart. Adjust lid, and boil according to usual method for 2½ to 3 hours.

*Asparagus* is blanched for 4 minutes and boiled for 2 hours.

*Beans* are blanched for 2-5 minutes and boiled for 2½ hours.

### *Salted Beans*

Wash the beans. Drain off the water and put a layer about 1 in. deep in a clean keg or crock. Cover this with a layer of salt, then another layer of beans and salt, and so on to the top. On the top place a

board or plate and weight (10 lb. to 5 gallon jar and less for a smaller amount). In 24 hours this should have squeezed out sufficient moisture to be seen above the beans. If not make a strong solution of salt by dissolving 1 lb. salt in 2 quarts water and pour enough over the beans to be seen around the wooden cover or plate. To prepare for the table they should be soaked for several hours in water, which should be changed two or three times.

### Time-table for Bottling Fruit by Boiling Method

| | MINUTES |
|---|---|
| Plums | 16 |
| Loganberries | 10–20 |
| Blackberries | 10–20 |
| Gooseberries | 10–20 |
| Black Currants | 10–20 |
| Pears | 20–30 |
| Cherries | 25 |
| Raspberries | 10–20 |

## ICES FOR SUMMER DAYS

COMMERCIAL caterers have been kind to us in providing ice-cream bricks, which we may take home with surprisingly little risk of finding that the parcel's contents have altered their character on the way, but there is no reason why we should not advance a stage further and make these delicacies at home. The cost of the trade product must cover probable losses through deterioration owing to miscalculation of the demand, therefore it is only reasonable that the housewife should expect it to cost more than the home-made variety.

Of ice-cream, one has often heard the exclamation in tones of disgust, "Oh, it's custard!" Of course, custard ice-creams can be made in the home, but the working costs are usually sufficiently low to allow the use of cream, or at least a proportion of cream.

Of first importance is the possession of a reliable and efficient freezer. One which beats the mixture continuously during the process of freezing produces a lighter and more velvety cream than one without agitators of some kind.

In an emergency, and when no freezer is available, the simplest method—providing one can obtain ice, either locally or more simply from a refrigerator, and if only a very small quantity of ice-cream is required —is to place the mixture in a tall, narrow jam jar, surrounded by a mixture of ice and salt, in a saucepan. If the ice is in a large unbroken piece, the simplest method of breaking it is to place it in a rough sack on a stone floor if possible, and then to break it with a hammer or an ice pick especially constructed for the purpose.

The coldest mixture for surrounding the jam jar is made by mixing four parts of ice to one part of coarse

rock or freezing salt, although a more evenly frozen mixture is obtained by using six parts of ice to one of salt.

The bulk of the ice should be put in first and the remainder packed in alternate layers until the level is well above the level of the mixture in the jar. To avoid any salt getting inside, the jar should be covered with a lid or saucer. All that remains to be done is to cover it with a cloth or piece of blanket, put it in a cool place, stir the frozen mixture occasionally from the sides to the centre, pour off the water from the ice and salt mixture at intervals, and renew the latter.

There are many varieties of frozen delights ranging from the plain water ice to the elaborate fruit sundae or *bombe glacée* frequently encountered on dinner and lunch menus. The most expensive are those which consist of cream flavoured with fruit. Less expensive are those containing custard, cornflour and egg, which increase the bulk, improve the keeping qualities, but to some are less palatable.

The following frozen mixtures have all been tested in Good Housekeeping Institute and have proved most popular:

### Vanilla Ice

1 pint milk
1 oz. cornflour
3 oz. sugar
1 egg
Flavouring

Mix the cornflour to a cream with 2 tablespoonfuls cold milk and put the remainder on to boil. When boiling pour into the blended cornflour, stirring meanwhile. Return to saucepan, and boil gently for 10 minutes. Stir in the sugar, remove from the heat and add the beaten egg. Add vanilla essence and when cold freeze.

*Note.*—This can be made more interesting by adding some almond rock, which has been crushed finely, or by serving with hot Mint Sauce and sprinkling with

chopped walnuts. The cornflour may be omitted, and a flavoured egg custard may be used as in Banana Ice-cream.

### Banana Ice-cream

2 bananas
½ tablespoonful lemon juice
2 oz. sugar
1½ gills milk
1 egg
1 pinch of salt

Peel the bananas, scrape, purée and add the lemon juice and custard made from milk, sugar, egg and salt. Freeze and serve with chopped nuts.

*Note.*—A more elaborate form of custard mixture may be made, adding white of egg and cream as in Fig Ice-cream.

### Fig Ice-cream

¼ pint milk
2 oz. sugar
1 yolk egg
A pinch of salt
¼ lb. figs
½ gill cream
¼ tablespoonful vanilla essence
1 white of egg

Make the custard with the milk, sugar, and eggs. Then add the salt, finely-chopped figs, vanilla, stiffly beaten whites, and whipped cream. Freeze and serve in ice cups.

### Chocolate Mousse

This is a simple though more expensive ice-cream, consisting of flavoured, whipped cream stiffened with gelatine. 1 gill of black coffee may be used instead of 2 oz. chocolate.

1½ gills cream
2 oz. melted chocolate
2 oz. castor sugar
⅛ oz. powdered gelatine

Melt the chocolate and gelatine softened in 1 tablespoonful cold water in a saucepan, stir in the sugar, and when cold add to the whipped cream. Turn into a mould and freeze for 5 hours, either packed in ice and salt, or in a refrigerator.

*Note.*—The cream may be stiffened by white of egg coagulated by hot syrup as in Strawberry Parfait.

### Strawberry Parfait

¼ lb. strawberry jam
1 gill water
1 white of egg
1½ gills cream
Cochineal

Boil the water, add to the strawberry jam, put through a strainer or small sieve, and boil to thread stage (217° F.). Pour on to the stiffly beaten white, beating meanwhile. When cold, add the cream and a little cochineal and freeze. Serve decorated with a small strawberry without removing stalk.

### Mint Water Ice

1½ pints water
¾ lb. sugar
Leaves of about 14 stalks mint
Juice of 2 lemons

Boil the sugar, water and mint for 5 minutes. Add the juice of the lemons, cool and freeze.

### Raspberry Ice

¾ pint raspberry purée or juice
¾ pint water
Sugar (about ¼ lb.)
Lemon juice

To the juice from the canned raspberries or fresh stewed fruit add water, sugar and lemon juice to taste. Pack in salt and ice and freeze.

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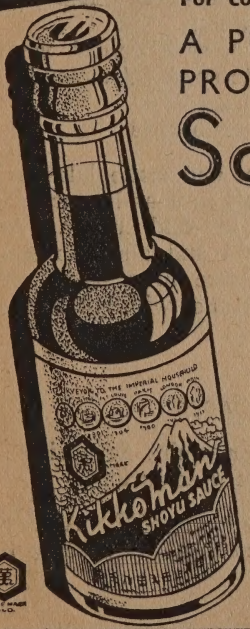


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## Coupe Jacques

| | |
|---|---|
| 1½ pints water | Bananas |
| ¾ lb. sugar | Pineapple chunks |
| 1 gill lemon juice | Candied cherries |
| Grapes and angelica | |

Boil the water and sugar together for 5 minutes. Cool, add the lemon juice and freeze. Put the chunks of pineapple in the bottom of a glass dish, pile the lemon and, if liked, raspberry ice on top and decorate with bananas in slices, peeled grapes, cherries and strips of angelica.

## Junket Ice-cream with Loganberries

| | |
|---|---|
| ¾ pint milk | 1 dessertspoonful cold water |
| 1 gill cream | 1 dessertspoonful vanilla |
| 4 oz. castor sugar | ¼ teaspoonful almond extract |
| A pinch of salt | Loganberries |
| ¾ teaspoonful essence of rennet or ½ tablet | |

Stir the milk into the cream and make lukewarm. Then dissolve the sugar and salt in it and pour on to essence or tablets dissolved in cold water. Add flavouring, pour into the mould and allow to stand in a warm place until set, freeze in a block, then serve with a border of loganberries or with hot Peppermint Sauce.

## Peppermint Sauce

| | |
|---|---|
| ½ lb. sugar | Peppermint flavouring |
| 1 gill water | Green colouring |

Boil the sugar and water to 230° F. Add the peppermint flavouring, green colouring and serve hot over ice.

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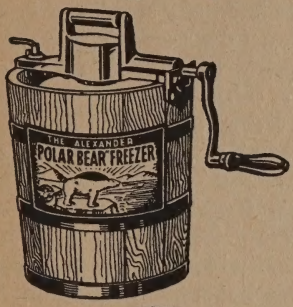


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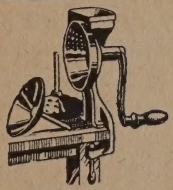

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## CATERING FOR THE WEEK-END HOME

THE week-end habit is undoubtedly steadily gaining in popularity amongst town dwellers. While some prefer to live on the outskirts and join the large army of season ticket holders, others prefer to save the time spent in travelling by living in a town flat and spending the week-ends in a small abode of their own in the country. "Abode or dwelling" are the only possible words to describe the tremendous variety of structures which shelter week-enders—huts, caravans, converted railway carriages, windmills, houseboats, tents, cottages, or even small houses. This mode of living would probably appear a very feasible proposition to even more people if the following rough calculation were considered—one hour's railway journey night and morning amounts in a year to a month's continuous travelling day and night.

Though a roof and four walls has been considered first, it is of little use without the first essential of life —food. The manner of planning food for a week-end depends upon whether it is for one isolated week-end or for one of many. The former is likely to cause far more heartburning than the latter. Having arrived at a completely isolated spot it may be found that an item such as salt, usually insignificant in its plentifulness and cheapness, has suddenly become alarmingly important owing to its irreplaceable absence. To prevent such disasters lists are given below for the single week-end when everything that will be required must be taken and for the week-enders who can leave a store of tinned and similar foods on their shelves from week to week. Suitable menus, and recipes which can be made quickly from available supplies, are also appended.

### Suitable Contents for a Week-end Cottage Store Cupboard

*In Tins*:—soup, fruit, salmon, kippers, other fish, baked beans, corned beef, curried foods, milk (sweetened), milk (unsweetened), biscuits, mustard and fruit.

*Patent Breakfast Foods*:—puffed rice, wheat, cornflakes, shredded wheat, etc.

*In Bottles*:—pickles, marmalade, jam, rennet, salad cream, salad oil, vinegar, meat essences for flavouring and thickening gravy.

*In Packets or Loose*:—jelly, custard powder, cornflour, loaf sugar, granulated sugar, tea, coffee, pepper, salt.

*Fresh Foods*:—dripping.

With the above in hand, the only fresh foods it is necessary to take down at the week-end are:

Corner of ham (3–4 lb.), or pressed beef
Lettuces
Tomatoes, cucumber, watercress
Bananas, apples, or other fruit
Cheese
Cake, cakes, or tarts

With plenty of food in store the menus for the week-end need only be cursorily considered in order that the few fresh items given above will not be omitted. Butter, milk, eggs (and chicken when required) have not been included since these can usually be obtained locally.

If it is an isolated occasion, the week-end home having been lent by friends, it is more economical and satisfactory to plan the menus first and buy food accordingly. The following would be suitable:

Friday

*Supper*

Tomato Soup
Creamed Salmon on Toast
Fresh Fruit
Cheese Biscuits
Tea or Coffee

SATURDAY

*Breakfast*

Fruit
Patent Cooked Breakfast Cereal
Kippers
Bread Butter Marmalade
Tea or Coffee

*Lunch*

Stuffed Egg Salad or Curried Mutton
Potatoes (baked in their skins)
Banana Junket Jam Tarts

*Dinner*

Roast Chicken Boiled Ham
Bread Sauce
Watercress Roast Potatoes (prepare and cook sufficient for salad on Sunday)
Fruit Salad Custard
(For Sunday prepare Greengage Soufflé, table cream, Breadcrumbs for supper dish.)

SUNDAY

*Breakfast*

Bacon and Eggs
Bread Butter Marmalade
Tea or Coffee

*Lunch*

Cold Chicken and Ham
Potato Salad Tomatoes Pickles
Greengage Soufflé

*Supper*

Escalloped Ham and Crab
Raspberry Cream (made from quickly prepared table cream).

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In planning the above menus, most of the heavy cooking has been concentrated on Saturday evening. This task would be greatly lightened if everyone helped —and people are generally keen to offer their assistance on these occasions.

A knowledge of some little-known points regarding tinned and other foods would greatly add to the easy preparation and originality of the week-end menus.

Tinned cream, which can be whipped, is an asset when fresh cream is not available.

Such foods as grapefruit, prunes, grapes, fruit salad, peas, kippers, cod roes, curried foods, pilchards in tomato, all of which can be bought in tins, avoid much work, and are not as much utilised as they deserve.

Two at least of the well-known brands of dried milks can be made into junket by mixing in the ordinary way and adding about twice the amount of rennet that is usually required. Table creams, which require the addition of boiling milk, and coffee crystals which simplify coffee making, can be obtained. Biscuit pastries made in the shape of tarts are another convenience. They only require to be filled with jam.

One or two general suggestions regarding the conversion of store cupboard supplies into appetising dishes will amplify the recipes given at the end of the article. Most tinned fish or vegetables can be converted into appetising supper dishes by mixing with a white sauce, flavouring well with salt and pepper, or a sauce, if available, and serving on hot buttered toast. Unsweetened condensed milk may be used for the sauce, thickened with flour or cornflour, or in cases of dire necessity, by other starchy ingredients such as breadcrumbs or a patent breakfast food of the quickly cooked variety. Fish cakes can be quickly made by mixing some tinned fish with potatoes and frying without breadcrumbs.

Tinned soups can be made to serve more portions by adding milk or meat essences and water.

Dripping will keep almost indefinitely if strained after use and re-heated every or every other week-end according to temperature.

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In order to make jellies set quickly they should be made with half boiling water, stirring until the jelly is dissolved and the remainder added cold, using slightly less than the quantity given on the packet.

It may surprise some readers to find a Caramel Fudge given amongst the following recipes. A momentary vision of wet days with all books read and nothing to do promoted the inclusion of this apparently misplaced recipe.

### Cheese and Egg Supper Dish

4 eggs
2 oz. butter
1 gill milk or water
Pinch of salt and pepper
4 oz. grated cheese
4 slices buttered toast

Melt the butter in a saucepan. Break the eggs into a basin, add the milk, salt, pepper and cheese. Pour into a saucepan and heat over a small flame stirring all the time. Continue heating and stirring until the mixture is of a thick creamy consistency. Turn out on to hot buttered toast and serve immediately.

### Greengage Souffle

1 pint packet greengage jelly
1 white of egg
1 gill cream—fresh or tinned
1 pint water

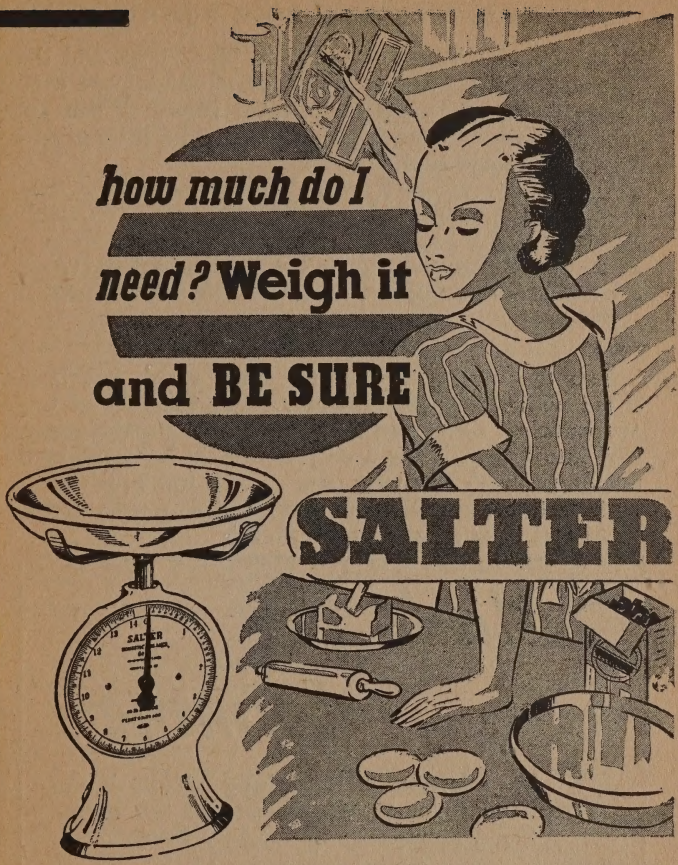
Cut the jelly into small pieces. Pour on half a pint of boiling water, stirring until the jelly is dissolved. Add the remainder of the water and allow to cool. When nearly beginning to set, pour a small quantity into the bottom of the mould and to the remainder fold in whipped cream and white of egg. Pour into the mould and allow to set.

*Note.*—The cream can be omitted if desired.

### Banana Junket

2 small bananas
Rennet tablets, as in directions
1 teaspoonful sugar
Whipped cream, fresh or condensed
¾ pint milk

Cut the banana in slices and place in four small indi-

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vidual dishes. Warm the milk to blood heat, add the sugar and rennet and stir until dissolved. Pour over the bananas and stand in a warm place. When set decorate with a little whipped cream and a little grated lemon or orange rind.

### Jam Buns

12 oz. flour
4 oz. castor sugar
1 teaspoonful baking powder
1 egg
4 oz. margarine
3–4 tablespoonfuls unsweetened condensed milk
Jam

Rub the margarine into the flour which has been sifted with the baking powder. Add the yolk of egg and sufficient condensed milk to make into a stiff paste. Roll into balls. Make a deep hollow in each one with the finger, and fill with jam. Close up, brush each with well beaten white of egg, sprinkle with castor sugar and bake at once in a hot oven.

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### Escalloped Ham and Crab

1 crab or small tin of crab
1½ cupfuls breadcrumbs
Pepper and salt
½ pint milk
Chopped parsley
1 egg
¼ lb. ham (minced or chopped)

Mix the crab with the breadcrumbs, reserving two claws, when available, and add pepper and salt. Place a layer in a greased baking dish, then a layer of ham and parsley alternately until the dish is full. Pour on the milk to which a beaten egg has been added. Cover with breadcrumbs and a little butter and bake in a moderate oven. Decorate with pieces of crab and parsley.

### Peach Mould

1 small tin of sliced peaches
2 oz. cornflour
¾ pint milk
¼ pint peach juice
1½ oz. sugar
Strip of orange or lemon rind

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Drain the peaches and place a layer neatly in the bottom of a deep mould or pie dish. Blend the cornflour with a little of the cold milk. Add the peach juice and lemon or orange rind to remainder of milk and boil. Pour on to blended cornflour, return to the saucepan and boil for 10 minutes, stirring all the time. Add the sugar, pour over the peaches and allow to set.

## Caramel Fudge

1 lb. granulated sugar
1 small tin condensed milk
¼ pint water
2 oz. butter
2 or 3 drops lemon juice if available

Put one heaped teaspoonful of sugar in a thick saucepan, heat gently until light brown. Add the water, butter and condensed milk. Dissolve gently, stirring carefully. Add the remainder of the sugar and heat until the soft ball temperature is reached. (At this stage a small drop of the mixture dropped into a cup of cold water will form a soft ball if rolled between finger and thumb.) Pour into buttered tins and leave until cold.

## Creamed Salmon on Toast

1 small tin salmon
1 oz. flour
1 oz. margarine
½ pint milk
Salt and pepper
4 slices buttered toast

Remove the salmon from the tin and flake. Make a white sauce by cooking the flour slightly in melted margarine and adding the milk. Boil for 3 or 4 minutes and stir in the salmon. Flavour and serve on hot buttered toast. Decorate with parsley if available.